AQUATIC TREADMILL

Field of the Invention

The present invention refers to a treadmill to be operated submersed in a swimming pool or other body of water, in order to allow a person to perform aquatic exercises, such as walking or running, in order to maintain his/her physical condition, or for rehabilitation purposes.

Background of the Invention

It has long been known that physical activities are important to promote and maintain good health, mainly if we consider the particularities of modern life associated with sedentary habits, inadequate nutrition, stress, and high competitiveness.

Among the physical activities recommended by health professionals we can point out the exercises performed on dry land or in exercise devices, such as treadmills, which basically comprise a support structure or chassis, carrying a belt onto which the individual can execute jogging movements.

On the other hand, the benefits obtained from the exercises performed in water are also known. Water provides an important buoyant support for the body of a person exercising in a partially submersed condition, allowing the individuals with several deficiencies, such as overweight, weakness, or with little control of the upper or lower limbs, or even of the trunk, to perform physical exercises, in order to maintain or to recover health conditions in post operative and in therapeutic treatments. The buoyant support promoted by the water and the resistance and refrigeration offered thereby promote remarkable results, without submitting the person to impacts over his/her joints.

Exercising on submersed treadmills is widely known in